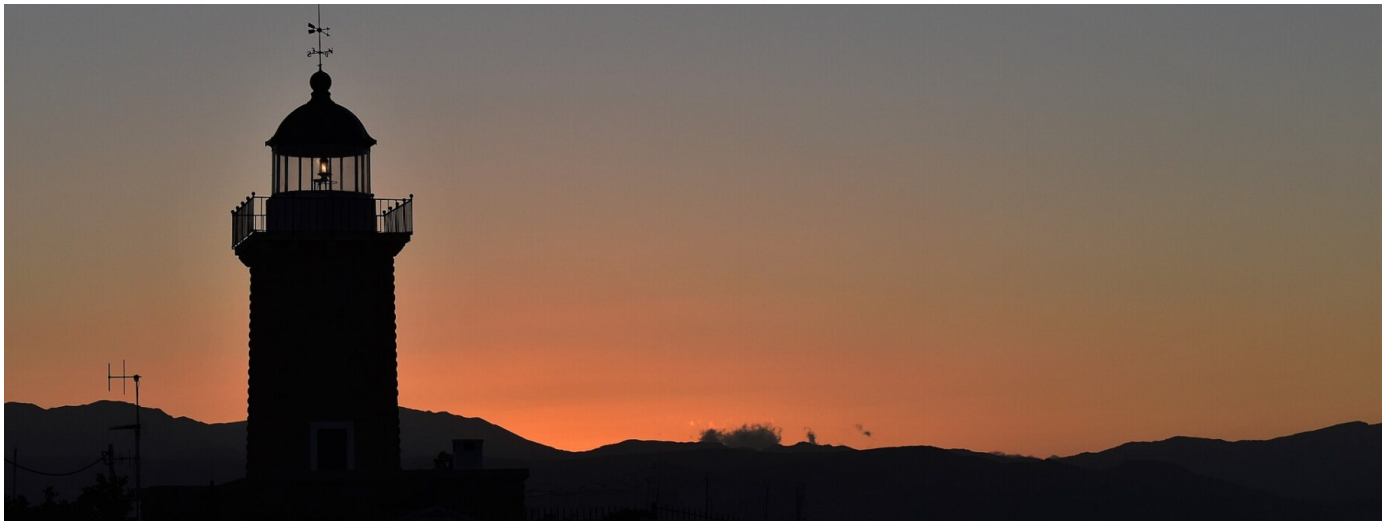
GUIDE · CORINTHIA

The Complete Guide to Loutraki: What to See, Eat and Do



About

Twenty minutes from Corinth and 80 km from Athens, Loutraki is Corinthia's most popular resort — a town of promenades, thermal spas, golden beaches and, behind it all, the dramatic Geraneia mountains. Here is everything you need to plan a visit.

The Beaches

Loutraki's main beach stretches for over 3 km along the northern edge of town — sandy, with calm, shallow water sheltered from open-sea swell. More secluded options lie south of town at Kalamia (pebbly, cleaner water, backed by a small park) and further at the coves toward Perachora. The water quality is generally excellent.

The beach is at its most pleasant in May–June and September–October, when it's warm enough to swim but the summer crowds have thinned or not yet arrived. In July and August, the main beach fills fast with Athenian weekenders. Arrive early or head to the smaller beaches south of town if you want space.

The Thermal Spa

Loutraki's spring waters have been used therapeutically since ancient times. The modern Loutraki Hydrotherapy Centre offers treatments for musculoskeletal and gastrointestinal conditions, as well as general wellness packages including thermal pools, massage and physiotherapy. It operates year-round; advance booking is required for treatment sessions, but day-use access is generally available.

The spring water itself — famously bottled and sold throughout Greece — is available to drink at source from a fountain near the old spa. Cold, slightly mineralic, and noticeably different from tap water. Even if you don't

use the hydrotherapy centre, the waterfront café near the source is worth a stop.

Heraion of Perachora

15 km from Loutraki, a coastal road spirals above the Gulf and ends at a small harbour below the ruins of the ancient sanctuary of Hera. The setting — a rocky headland above the turquoise Vouliagmeni lagoon — is one of the most visually remarkable in the Peloponnese. Swim in the lagoon, explore the ruins dating to the 9th century BC, and have a coffee at the small seasonal café at the harbour before driving back.

The road to the Heraion is part of the experience: 15 km of coastal driving with views over the Gulf and the mountains of Corinthia. Take it slowly in either direction. The lighthouse at the tip of the peninsula, beyond the ruins, is a further 10-minute walk along the rocky headland — worth it for the perspective over both the Corinthian and Saronic waters.

Where to Eat

The best restaurants in Loutraki are not on the main tourist promenade. Walk two or three blocks back from the waterfront and you find the places that actual Loutraki residents use: honest tavernas serving grilled fish by weight, mezedes and whatever is in season. The central market area has several good options for lunch. For breakfast, the old-fashioned kafeneio on Poseidonos Street serves the best coffee in town.

Day Trips from Loutraki

Ancient Corinth is 20 minutes by car — one of the most important archaeological sites in Greece, with a museum worth at least an hour. Acrocorinth is 10 minutes further. The Mogostos oak forest is 30 km east, on the way toward Nemea. The Corinth Canal is 15 km east. All of these work as half-day trips, leaving time to return to Loutraki for an evening walk on the promenade.

If you have one day in Loutraki

Morning: beach & thermal springs

Start with an early swim on the long beach and a stroll along the seafront. The town’s natural mineral water flows freely from public fountains — give it a taste.

Midday: lunch by the waves

Enjoy fresh fish and mezes at one of the seafront tavernas.

Afternoon: Lake Vouliagmeni & the Heraion

A few kilometres out of town, Lake Vouliagmeni offers calm waters and the ancient Heraion of Perachora, with a magical sunset over the Corinthian Gulf.

Evening

Head back to town for coffee or an evening at the casino. On the way, the Corinth Canal is well worth a stop.

Practical Info

Loutraki is 80 km from Athens — about 75 minutes by car on the E94 highway. Buses run from Athens Kifissos terminal roughly hourly; journey time is 90 minutes. From Corinth city, Loutraki is 20 minutes by car or local bus. Most services open year-round, with peak activity June–September. Parking on the promenade is metered in summer; free in the side streets.

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